

HCE Newsletter

February — 2024

- 2 Groundhog Day
- 6 HCE Board Meeting, 9 a.m. in the Extension office
- 14 Valentine's Day
- 19 Presidents' Day (3rd Monday)
- 22 Mailbox Unit will be assembling the March newsletter at 10 a.m. in the Extension Office.



**We strive to be an organization
that honors and values our
community and it's residents.**

If you need a reasonable accommodation
to attend any of the events listed in this
newsletter, please call 618/546-1549.



Monthly HCE Board meeting will be Tuesday,
February 6th at 9 a.m. in the U of I Extension office.
Everyone is invited to attend!



January — HCE Dues are Due!

It is now 2024, which means Y-O-U-R annual \$10 dues for your HCE membership are due!

Please keep in mind, as you read this newsletter, the value of your HCE group and the value of this newsletter.

This is a way to keep up with friends and see what is happening in your community. And it gives you a chance to participate in any event you choose.

Dues money goes for things within our organization and our community. Paying your \$10 annual dues is a HUGE thing to do, it helps everything and everyone of us!

If you have questions, please call Hope Dennis at the U of I Extension office at 618/546-1549.

Your \$10 is supporting your club & your community!



**Thank you very much to the ones that have
already paid their \$10 2024 dues.**

Looking Ahead March Program with MaryLiz Wright!

Mark your calendars to be at the U of I Extension office on **Tuesday, March 5** at 10:30 a.m. to hear MaryLiz Wright's program on veggies!

She is always entertaining and informative.

Let's Amp Up the Veggies!

Tired of droopy broccoli? Do you serve canned corn as your go-to side? Did you know that we are supposed to eat 2-3 cups of vegetables per day?

Learn how to make veggies interesting and delicious!

Isn't this the truth. . .

"Peace and justice are two sides of the same coin."

Dwight D. Eisenhower

From the President's Desk

Greetings Everyone,

If you are like me, you are beginning to think about flowers. If so, you might enjoy attending "April in Paris" in Paris, IL.

On **Thursday April 11**, U of I Extension Edgar County Master Gardeners will host a garden conference. Check with the Extension Office for registration information.

See next page for program details.

A "Big Thank You" to all who have paid your 2024 dues.

If you are not sure if you paid, check with the office.

Blessings, Susan Allison

HCE Board Meeting — January 5, 2023

The meeting was called to order at 9:05 a.m. Board members present were Loretta Mikeworth, Donna Newbold, Eva Enlow, Hope Dennis and Martha Holt. Martha led the meeting in President Susan Allison's absence. This is the first meeting with newcomers: Donna Newbold, secretary and Eva Enlow, Cultural Enrichment officers.

The minutes of the November meeting were read by Secretary, Donna Newbold. Hope made a motion to approve the minutes and Loretta seconded the motion. Motion passed.

Hope read the Treasurer's report in the absence of Treasurer, Sandy Bryans. Donna made a motion to approve and Martha seconded the motion. Motion passed.

Bills to be allowed:


- ✓ \$250 to "A Taste of Country Catering" for the lunch served at November's Annual Meeting and Luncheon. (25 lunches at \$10)
- ✓ \$220 to Lincoln Trail College for the Christmas Luncheon. (22 lunches at \$10)

Loretta made a motion to pay the bills and Donna seconded the motion. Motion passed.

Old Business:

- Discussed the donated items to the veterans. Martha reported her and Susan delivered all the boxes on November 15 and it took two cars! Several men came out to help unload and everyone was so appreciative of the items.
- The group thought the Christmas Luncheon was a success, and the meal was delicious. Everyone gave praise to Martha for her playing the autoharp.

New Business:

- ◆ Martha suggested one volunteer activity for members to help with is the **NOW Program** in Robinson. They bag "food items" and deliver to the schools to be sent home on the bus with children who have said 4 or have shown, they don't get enough to eat on the weekends. 

They also give out free used clothing and other items.

- ◆ The State HCE Conference will be in Effingham, March 12-14. This will be the 100th Annual Conference and the theme for this year is “Diamonds Are Forever and So Is IAHCE”. Anyone wanting to go, please contact Susan Allison.
- ◆ “Diamonds are Forever” will also be our theme for our county’s Annual Meeting in November. Be thinking of decorations!
- ◆ Hope reported she will fill out: Crawford County’s “year-end” membership report (due 1-5-24) and the Crawford County’s HCE 2024 Officer report (also due 1-5-24)

The next meeting is Tuesday, **February 6**, at 9:00 a.m.

Hope made the motion to adjourn, and Donna seconded the motion. Motion passed.

Brain Twister

Can you figure out what all these words have in common?

Banana
Dresser
Grammar
Potato
Revive
Assess
Uneven

Have you already given up?

Give it another try... you'll kick yourself when you discover the answer. Go back and look at them again. . . think hard.

Call into the Extension office at 618/546-1549 if you figure it out **BEFORE** you look at the answer!

Answer on page 15

Strength Exercises for Older Adults

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and injuries.

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without weights or bands until you are comfortable.

Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row.

Below are a few examples of strength exercises:

Gripping a tennis ball
Carrying groceries
Overhead arm curls
To the sides arm curls
Wall push-ups
Lifting your body weight from a chair
Lifting weights
Use resistance bands

Safety tips

- 🌀 Don't hold your breath during strength exercises and breathe regularly.
- 🌀 Breathe out as you lift or push, and breathe in as you relax.
Talk with your doctor if you are unsure about doing a particular exercise.

Gardening Seminar — April in Paris

Join us **Thursday, April 11** for a fun morning of horticulture education, breakfast and vendors offering horticulture-related items. This year's event promises to be full of interesting information.

Registration begins at 8 a.m. Cost is \$30 per person.

***Note new location:** Lake Ridge Christian Church, 122 E. Steidl Road, in Paris.

Speakers & topics for the day include:

Jan Phipps, Garden writer and Edgar County Master Gardener - Of Naked Ladies and Forget-Me-Knots, the stories behind the common names of some of our favorite plants as gleaned from the book by Allan M. Armitage. Do you ever wonder about the stories behind the interesting common names of plants? Find out about their histories and how they came to have their names.

Nathan & Lisa Campbell, Danville Gardens - New Varieties of Plants for 2024 Owners of Danville Gardens, Nathan & Lisa will have the latest information on new varieties of shrubs and flowers to put you in the mood for spring gardening.

Chris Enroth, University of Illinois Extension Horticulture Educator - Trees for Your Home Landscape or Not What trees work well in your home landscape? What trees are a big mistake to plant in your yard? When do I call an expert for problems with your tree? Mr. Enroth use his many years of experience and knowledge to answer these questions and more.

Attention Mailbox Members

Mailbox members will be assembling the March newsletter in the Extension office on Tuesday, **February 22** at 10 a.m.

Newsletter



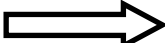
Winter Wellness

Nature provides an array of seasonal produce during the winter that not only delights the palate but also contributes to boosting immunity.

Citrus fruits are abundant during this period and are rich in vitamin C, known for its immune boosting properties.

Cruciferous vegetables thrive in the cool temperatures, offering a dose of vitamins, minerals, and antioxidants that support overall health. Root vegetables provide a wealth of nutrients, including beta-carotene.

Incorporate these **7 habits to boost your immune system** and seasonal veggies will collectively fortify your immune system and promote well-being during the colder months.

- 1. Include protein at every meal and snack** — Protein-rich foods deliver amino acids to the body. Those are the building blocks to make proteins inside the body, like hormones, enzymes and antibodies. Some protein foods also contain zinc, like beef and chickpeas, a mineral needed to make t-cells.
- 2. Eat a fruit and/or vegetable** — Produce is high in Vitamin C, which plenty of people pop in pill-form to stay healthy. Getting vitamins from foods, not supplements (like strawberries, oranges, broccoli, and bell peppers) is also getting fiber and the disease-fighting compounds naturally found in plant foods.
- 3. Drink water throughout the day** — Water helps carry nutrients throughout the body and is a major component of the lymph system, which transports white blood cells.
- 4. Serve yogurt and other fermented foods** — A lot of immune cells live in the gut, along with trillions of bacteria. Nourishing the gut with lots of “good” bacteria can create a healthier climate, with less room for “bad” bacteria. 

5. Look beyond salt to season meals — Try flavorings from plant foods, like turmeric, garlic, ginger, and oregano. Some may act as anti-microbials, others have potentially strong antioxidant potential (that means they help protect cells from damage).

6. Include sources of healthy fats — A healthy fat called omega-3 may play a role in keeping the immune system healthy. Bonus: These fats are also good for your heart and may help protect against certain kinds of cancer too. It's present in salmon, herring, and mackerel and also some plant foods like walnuts, flaxseed, chia seed, and canola oil.

7. Choose fewer ultra-processed foods — There's nothing wrong with having chips, packaged cookies, or frozen chicken nuggets sometimes. But a diet that's dominated by these "ultra-processed foods" is being found in research to have associations with higher risk for disease. These foods tend to be higher in fat, salt, and sugar and lower in fiber. Food additives, chemicals in food packaging, and processing methods like high-temperature heating could also be contributing to health problems.

Calm Winter???

January turned into a beast!

Please remember, bad weather and freezing cold temperatures can cancel our HCE events!

When in doubt OR before leaving your house for a program, lesson or meeting, please call the Extension office: 618/546-1549 to see if it has been cancelled OR rescheduled!

Foods to Avoid for a Healthy Heart

Avoid foods packed with harmful fats, sodium, and added sugar. No single food can destroy your body, but a steady diet of these foods/beverages can harm your heart health over time.

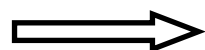
Processed meats: Cold cuts such as salami, pepperoni, bologna, smoked sausages, breakfast meats such as bacon and sausage along with hot dogs, are among the processed meats to avoid. Many processed meats are produced by curing, salting, and smoking supply sodium, and saturated fat. Limit cold cuts and those mentioned above to less than once a week, or rarely.

Fatty Meats: Meats that have a lot of saturated fat in them. Try eating lean meats, they help our bodies get the protein we need while avoiding too much saturated fat. Lean meats: skinless white chicken meat, white turkey meat, and lean beef, but also venison and ostrich meats.

Fried foods: Fish, chicken, mozzarella sticks, fries, and doughnuts are often fired in partially hydrogenated oils, which are major sources of trans fat. PHOs are banned in U.S. packaged products but may still be found in restaurant and bakery foods.

Snack chips: Snack chips are ultra-processed foods. For the most part, they have been stripped of nutrients, including fiber, vitamins, minerals, and phytonutrients. Research links ultra-processed foods like snack chips with weight gain, high blood pressure, and heart disease risk. Ultra-processed foods like cookies, candy, and granola bars are often over ate.

Coconut oil: has a negative effect on your arteries and heart health. Research shows that using coconut oil results in much higher LDL cholesterol, as compared to oils with less saturated fat, such as canola. Although all oils have saturated fat in them, coconut oil has the highest level and “takes the cake”. A tablespoon of coconut oil contains 11 grams of saturated fat while canola oil has about 1 gram Of saturated fat. Use canola, corn, olive, safflower, and sunflower oils for cooking and dressings.



Canned soup: A single serving of many canned soups adds a ton of salt. Excess sodium in the bloodstream increases pressure on blood vessels, often encouraging artery clogging. Choose canned soups that supply no more than 480 milligrams of sodium per serving or less. In addition to sodium, creamy soups such as chowders and bisques can contain between 25% to 50% of your daily saturated fat intake. Select lower-sodium soups with less than 3 grams of saturated fat per serving.

Sugary drinks: Sugary beverages - soda, coffee drinks, and energy drinks, are the number one source of added sugar. Too much added sugar increases your odds of chronic inflammation, type 2 diabetes, and fatty liver disease, all of which raise the risk for heart disease. Try to get no more than 10% of your total calories from added sugar, which amounts to about 50 grams or 12 teaspoons of table sugar daily on a 2,000-calorie eating plan.



Let's Try Something Different!

Order one extra dish – an unfamiliar one – at a restaurant. You might just like it! And you will have something to tell others! And if you don't like it, all you lost was a few bucks.

If you are invited or want to go somewhere — GO! Go to the party or event even when you don't want to. If you are bored, then go home early, that's fine, But. . . you might have a fun experience or meet someone interesting.

Don't just pay people compliments; give them living eulogies. Tell them exactly how they have impacted your life, and in what ways. Embarrass them. No matter how many times you hear the words “You are amazing, and here's why” never go out of style!

Want to go somewhere? Then GO! Don't put it off any longer. Take the 1st step: **Research it.** Look at plane tickets. Map out your road trip. Look at hotels, historic stops along the way. As you look, the trip might take you in a totally different direction.

A Clean Kitchen is Essential

How clean is your kitchen? A clean kitchen is one way we prevent foodborne illness. Check out these tips below for cleaning basics, tips for cleaning appliances, and making your own sanitizer. Remember not every appliance should be cleaned the same way.

Cloths and potholders:

- Launder dishcloths and potholders on the hot cycle in the washer and dryer to destroy harmful bacteria.

Kitchen sink and disposal:

- Wash and disinfect the kitchen sink once or twice a week with either a disinfectant cleaner or a mixture of 1 tablespoon regular, unscented household bleach per 1 gallon of water. Sanitize drains and disposals monthly by pouring 1 tablespoon bleach in 1 quart of water down the drain. Wash sink strainers weekly.

Sponges:

- Kitchen sponges can contain harmful bacteria and carry viruses; however, there are safe, effective ways to clean:
- Bleach soak: use $\frac{3}{4}$ cup of regular, unscented household bleach for every 1 gallon of water, and soak sponges for 5 minutes. Rinse thoroughly. Let air dry before using.
- Dishwasher: ideally, the dishwasher should reach 155°F and include a heated dry cycle.
- Microwave: wet the sponge, and microwave it for 2 minutes. Heating a dry sponge can cause a fire, so make sure the sponge is completely wet. Let air dry before using. Do not microwave metallic padded kitchen sponges. If planning to reuse, run them through dishwasher .

Coffeemakers: Follow manufacturer instructions.

General recommendations:

- Decalcify the machine by adding 4 cups of vinegar to the reservoir, letting it stand for 30 minutes, then running it through the unit.
- Follow up by running two to three cycles of fresh water. Clean every 40 to 80 cycles, or once a month.



Microwave: Follow manufacturer instructions. Do not use oven cleaner, steel wool, or abrasive cleaners in a microwave.

- To remove caked-on food, heat one of these options in the microwave, in a microwave-safe dish, until the mixture boils:
 - 6 tablespoons baking soda with 1 cup water
 - 1/2 cup lemon juice with 1 cup water
- Leave the mixture in the microwave with the door closed until it cools. Remove mixture and wipe down with a cloth or paper towel.

Oven: Before cleaning an oven, make sure it is cool and no pots or pans are inside. Follow manufacturer instructions. Oven cleaners made for a cold oven are more potent than those made for a hot oven. Pay close attention to the recommendations on cleaners.

- Do not use oven cleaners on self-cleaning ovens as this may damage the oven's surface.
- Another method for cleaning an oven is placing 1/2 cup of household ammonia in a bowl and putting it in a cool, closed oven overnight or for at least 4 hours. After 4 hours, remove and wash racks in warm soapy water to remove burned-on food.
- Wash the oven walls and doors with a mixture of 1/2 cup ammonia and 1-quart warm water. Wipe down the oven walls and doors. Finally, wash the oven walls and doors one last time with warm, soapy water, rinse, and wipe dry.

Sponges:

Kitchen sponges can contain harmful bacteria and carry viruses; however, there are safe, effective ways to clean:

- Bleach soak: use 3/4 cup of regular, unscented household bleach for every 1 gallon of water, and soak sponges for 5 minutes. Rinse thoroughly. Let air dry before using.
- Dishwasher: ideally, the dishwasher should reach 155°F and include a heated dry cycle.
- Microwave: wet the sponge, and microwave it for 2 minutes. Heating a dry sponge can cause a fire, so make sure the sponge is completely wet. Let air dry before using.

**Do not microwave metallic padded kitchen sponges.

Removing Odors from your Dishwasher;

Follow specific manufacturer instructions. Below are suggestions from the *Whirlpool® & Kenmore® appliance companies for removing odors from a dishwasher using vinegar and baking soda:

- Clean the filter at the bottom of the dishwasher for food, debris, glass, or other obstructions.
- Pour 2 cups of white vinegar into a glass measuring cup and place it upright on the dishwasher's lower rack. Do not add detergent. Run a normal cycle with heated dry off.
- After the cycle is complete, sprinkle 1 cup baking soda in the dishwasher and run again on a hot water cycle.

Removing Odor from your refrigerator:

Try one of these options to get rid of lingering odors:

- Wipe down the appliance with a 1:1 ratio of vinegar and water to destroy mildew.
- Stuff appliances with old rolled newspapers and leave closed for several days before cleaning with vinegar and water.
- Place a large shallow container of fresh coffee grounds or baking soda on the bottom of the appliance.
- Soak a cotton swab in vanilla, and place it inside the refrigerator or freezer with the door closed for 24 hours.

One Month Into the New Year

Did you make a new year's resolution? If not, let's try this:

First and foremost, be kind. Mean is easy; kind is hard!

Once we reached eighth grade, many of us got the idea that the nasty put-down, the superior smile, and the clever one-liner are the signs of intelligence and great personal strength. But this is "playing the game on easy mode."

Making yourself feel bigger by making someone else feel small takes so little skill that 12-year-olds can do it. **Let's do better!**

Cleaning Tricks:

Vinegar: Ultimate multipurpose liquid cleans chrome, stainless steel, and bricks; get rock salt off your shoes and stickers off your bumper; remove grease stains and candle drips; tenderize meat; and treat a jellyfish sting, among its many other talents.

Baking soda: In addition to being a stand-in for baking powder and other cooking staples, baking soda can clean and deodorize your vegetables, your pots, your teeth – even your toilets. Note: It also makes for an able first aid treatment, helping soothe burns, rashes, and bee stings, among other things.

Get rid of soap scum: Spritz that gunk with cooking spray and let it sit for a couple of minutes. The scum will come off with just a swipe of a towel. Then wash the surface with soap and water.

Eliminate grease stains: Rub some chalk on greasy spots on clothes or table linens and let it absorb the oil before you brush it off. If the stain lingers, rub more chalk into it before laundering. To get rid of ring-around-the-collar stains, cake them heavily with chalk before laundering to absorb the oils that hold in dirt.

Dissolve tarnish on silverware: Grab some potatoes and boil them up. Remove them from the water and save them to eat later. Then place your silverware in the potato water and let it sit for an hour. Remove and wash it. The tarnish should have disappeared.

Unstick gum: Got chewing gum smooshed into the carpet or on the wall? WD-40 will loosen it. This works on wax drippings too.

Remove water stains from furniture: To get rid of those white rings left by moist glasses, gently rub some non-gel toothpaste on the wood with a soft cloth. Wipe it off with a damp cloth and let the area dry.

Lift a scorch mark: If you singe your favorite shirt with a hot iron, wet the area and cover it with cornstarch. Allow the cornstarch to dry, then brush it away.

Brain Twister Answer: In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word. Did you cheat?

Food and Cooking Tips:

- ⇒ **Substitute for yeast:** Mix one teaspoon each of powdered vitamin C (or citric acid) and baking soda. What's more, the dough you add it to won't have to rise before baking.
- ⇒ **Replace baking powder:** Substitute two parts cream of tartar mixed with one part each baking soda and cornstarch. The cornstarch slows the reaction between the acidic cream of tartar and the alkaline baking soda, which helps the compound maintain its leavening power longer.
- ⇒ **Protect veggies in the fridge:** Line your refrigerator's crisper drawer with paper towels. It will absorb the moisture that causes fruits/vegetables to rot. When the lining gets dirty, just throw it out and replace with fresh paper towels.
- ⇒ **Keep fruit fresh:** Store your berries and grapes in a colander – not a closed plastic container – in the refrigerator. The cold air will be able to circulate through the holes and around the fruit, keeping it fresher for days.
- ⇒ **Revive soggy lettuce:** Add the juice of half a lemon to a bowl of cold water, put the soggy lettuce in it, and refrigerate for about an hour. Make sure the leaves are completely dry before using them in salads or sandwiches.
- ⇒ **Tenderize meat:** Soaking inexpensive cuts of meat in vinegar for up to four hours doesn't just break down tough fibers; it also reduces carcinogenic compounds that form during grilling. Experiment with different vinegar varieties for added flavor, or simply use apple-cider vinegar or distilled vinegar. Just be sure to rinse the meat off before cooking.
- ⇒ **Save a bottle of wine:** If the cork breaks apart when you open a bottle, no problem. Pour the wine through a coffee filter. It will catch everything but the liquid.

Grocery Saving Ideas:

- 1) Individually wrapped cheese slices keep better.
- 2) Small bottles of several kinds of salad dressing give more variety.
- 3) Buy frozen vegetables loose in the bag – cook 1 serving at a time.
- 4) Buy fresh fruit by the piece rather than by the bag.
- 5) Don't buy "specialty" ingredients if plain will do (self-rising flour vs. all-purpose).
- 6) Keep non-fat dry milk on hand to use in cooking.
- 7) Buy lean ground meat – it keeps longer in the freezer.
- 8) Buy "spice mixes" then you don't have to have 5 or 6 spices for one job.
- 9) Buy "variety packs" of lunchmeat, dry cereal, chips, and yogurt.
- 10) Individual serving sizes allow take-along items for lunches and snacks (applesauce, puddings, cheese and crackers).

Store Food Properly - Proper storage of food makes the difference in whether you will be able to use it or lose it. Many grocery items just aren't available in single-serving sizes so if you can't use the whole thing at once, you will be forced to repackage and store it. Don't buy more than you can store and use in a reasonable length of time – 25 pounds of rice is not really a bargain if you throw out 20 pounds of it!

Repackaging:

- Meat – individual patties, leg-thigh, fish fillets – then freeze. Wrap individual servings in heavy-duty aluminum foil, freeze, thaw when ready to use and cook in the same foil – saves on clean up.
- Buy egg substitutes and freeze them (fresh whole eggs don't freeze well).
- Potato chips, pretzels, etc - can be stored in single-serve baggies and sealed. You will save money on not eating 1/2 the bag at one time!
- Casseroles – divide before baking and put into small baking dishes.
- Make homemade TV dinners in micro-waveable plastic trays that go from freezer to microwave.
- Freeze milk in smaller containers - make sure to leave head space for expansion.

QUIZ: Are You Active Enough?

Moving more helps you to feel healthier, manage your weight and lower your risk of cancer and other diseases. What matters is the amount and type of physical activity you do. Aim to build some time into every day for fun activities that use up calories, tone your muscles, flex your joints and strengthen your body.

Is there enough physical activity in your life to promote good health? Try this quiz!

Choose the answer that most closely represents what you actually do, or what you would be most likely to do, in each situation.

1.) Daily life:

How physically active is your work – whether you go to a job or take care of a home?

- Not very active – I spend most of my day sitting down (1 point)
- I don't have an active job but I make an effort when I can (2 point)
- Very active – I'm always on the move (3 point)

2.) Current level of fitness:

If you were asked to objectively and truthfully describe your current level of fitness, you'd say you were:

- Not in very good shape at the moment (1 point)
- In average shape for your age (2 point)
- In excellent condition (3 point)

3.) Fitness choices:

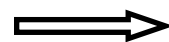
You're on the eighth floor, and you need to get to the tenth. Do you:

- Choose the elevator (1 point)
- Take the stairs if I'm not in a rush (2 point)
- Always take the stairs (3 point)

4.) Sports:

You play a sport or do an active hobby, such as swimming, walking, dancing, jogging, cycling:

- Almost never (1 point)
- About once a week (2 point)
- Several times a week (3 point)



5. If you have to pick up something at a store about half a mile away, would you:

- Drive or take the bus (1 point)
- Walk if it was sunny (2 point)
- Always walk or cycle (3 point)

Your Score: _____

My score was:

5 points? 6 – 11 points? 12 – 15 points?

Score 5

Time to get up and get moving! It is very important for your health that you try to build more physical activity into your life. Start by being physically active every day -- in any way you like. If you have not been active for a while, begin by adding 10 minutes of moving you arms or legs each day and build up to 30 minutes. As you find being more active becomes easier, look for other ways to build some more physical activity into your life. You'll find that you feel better about a lot of things in your life.

Score 6-11

Not too bad, but room for improvement! Odds are that you know you could be more active. You are probably already doing some physical activity; Now, try to be physically active every day in any way for 30 minutes. Building regular activity into your day can simply keep yourself looking and feeling great!

Score 12+

Excellent! You appear to be making a good effort to stay physically active. If you find it relatively easy to clock up 30 minutes of activity every day, aim to increase this to 60 minutes of moderate activity, or 30 minutes of more vigorous activity each day. Regular physical activity can help people of any age enjoy an active, healthy life. Staying fit is a great investment in your future health. When you look and feel good, it becomes easier to do so many things in life. Try to make sure you vary your physical activity each day so that you don't get bored. Encourage friends and family to take up a new, active hobby with you.

Recipes

One Pot Meal

Cook 1 pound of hamburger and drain, set off to one side. Spray an 8x8 baking dish with cooking spray and 1/2 fill it with cut up bite size raw potatoes. Meanwhile, in a separate bowl, stir together:

- 1 can cream of mushroom soup
- 1 cup milk
- 1 envelope beef onion mix
- 1 can of mushrooms, drained

It will be soupy!! Add the cooked hamburger to the soup mixture. Pour all over the potatoes. Cook at 350°F for 1 hour., or until potatoes are cooked.

Note: You can omit mushrooms, and use a different soup, such as cream of celery. This is delicious and comes from an HCE member!

Chicken and White Bean Soup

Yield: 6 servings

- 1 rotisserie chicken breast or 3 cups chopped chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced–sodium chicken broth
- 1 (15-oz) can Great Northern beans, rinsed and drained
- Salt and freshly ground black pepper

Shred meat. In a stockpot, add oil. Sauté the carrots, celery, and onion for 8 to 10 minutes, or until soften. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Season with salt and pepper.

Smoked Sausage Dinner (not healthy)

Slice smoked sausage and one onion and fry in bacon grease. Remove from skillet. Add a little more bacon grease and add bite-sized broccoli and cook until tender. Put sausage back in to warm up. Sprinkle with parmesan cheese. Delicious and super easy!

Roasted Chicken Thighs with Vegetables

Place six chicken thighs in a casserole dish with one onion, one tomato and one green pepper diced and sprinkled around the chicken. Salt and pepper to season and roast at 400°F for 45 minutes to one hour until chicken is done.

Winter Potato Soup

Redskin potatoes

Onion (chopped)

Bratwurst (use the precooked kind)

Sauerkraut

Chicken broth

Salt, pepper, olive oil/butter

Sweat the onions in the fat on medium low. Don't brown, just soften. Cut the potatoes and sausage to any spoonable size, as long as they're even. Add potatoes, sausage, sauerkraut, and broth and bring to boil. Reduce heat to a low simmer and cover. Cook until potatoes are just tender, about 15 minutes, (This depends on the size of potatoes). Turn off heat and let sit covered 10-15 minutes.

Options: To thicken, add a roux — add a couple teaspoons of flour before the broth for a thicker body. Green peas are great instead of the sauerkraut. A few caraway seeds add a nice flavor.

Salmon Pasta

16 oz. pasta

1 jar of tomato sauce

1 can of salmon

Frozen peas

Shredded cheese (parmesan, cheddar, etc.)

Boil the pasta; while that's going, heat up the tomato sauce, salmon and peas. Drain the pasta, toss the cheese in, mix the sauce in, enjoy.

Fuel to Fight Cancer — February Lesson

You or someone you know might be dealing with the diagnosis of cancer. This is only longer a death sentence, but a huge struggle for several months, here are some tips to help you or a loved one cope.

Diet

- √ Plant foods contain phytonutrients, which are shown to protect cells from damage that may lead to health conditions, including cancer.
- √ A diet that focuses on two-thirds of your plate being plant foods, with one-third animal foods.

Physical Activity

While physical activity does not directly prevent cancer, individuals who participate in activity have lower cancer risk. Benefits of being active include supporting the immune system, reducing inflammation, and lowering hormones and insulin that are related to the risk of certain cancers to name a few.

Limited Exposure

Other protective factors include limiting exposure to substances that are known to cause cancer, like tobacco, and substances that are related to cellular damage that can lead to cancer, such as sunburns and alcohol.

Coping with Side Effects

- Eat 6-8 small meals or snacks each day Eat what sounds good. Include high calorie/high protein foods.
- Increase physical activity, if possible.

Fatigue

- Buy groceries online
- Cook in the morning
- Keep freezer meals on hand
- Ask for and accept help from others
- Keep physically active to help improve fatigue and appetite



Diarrhea

- Drink plenty of water, bouillon or sports drinks
- Avoid greasy, fatty foods
- Try easy to digest foods (bananas, rice, applesauce, toast) Avoid sugar-free foods made with sugar alcohols
- May need to limit milk/milk products due to lactose

Constipation

- Drink plenty of fluids
- Increase physical activity, if possible Eat more high fiber foods

Nausea and Vomiting

- Eat what sounds good, but avoid favorite foods when nauseated
- Don't skip meals or snacks
- Eat bland food, cold or at room temperature Suck on hard candies
- Sip on clear liquids or try popsicles or gelatin Try small amounts of high calorie foods that are easy to digest

Swallowing Difficulty

- Eat bland, soft/mashed foods high in calories and protein
- Try thicker liquids
- Use a straw for liquids
- Try small, frequent meals and snacks
- Avoid hard, dry foods, alcohol, acidic foods, and spicy foods

Dry Mouth or Mouth Sores

- Rinse mouth every 2 hours
- Sip liquids with meals and/or add liquids to solid foods
- Take small bites of food and chew well
- Try ice chips, sugarless hard candies, and chewing gum
- Moisten lips with lip balm
- Avoid alcohol, tobacco and hot, spicy or acidic foods

**Pick up the whole lesson, complete with recipes,
in the U of I Extension office.**

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